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Baseball for girls
and women

BALL FOR GIRLS *and* WOMEN

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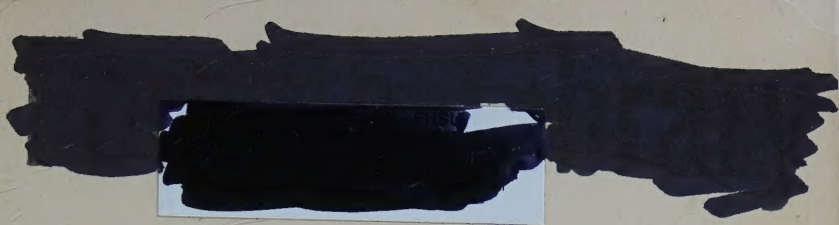
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ATHLETICS FOR WOMEN

BASEBALL FOR GIRLS
AND WOMEN

BASEBALL FOR GIRLS AND WOMEN

BY

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NEW YORK

A. S. BARNES AND COMPANY

1929



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PREFACE

SINCE the adoption by the National Committee on Women's Athletics, of the American Physical Education Association, of an official outdoor baseball game for girls and women there has been a growing need for a book dealing with the fundamentals, the technic, and the educational and recreational possibilities of the sport as played by girls and women in the schools, colleges and recreational centers of America.

Obviously, much of the text of such a volume must comprise an adaptation of material that previously has appeared in print; my purpose has been to produce a single text giving instruction in indoor and outdoor baseball that heretofore could only be obtained through reference to several texts, most of which were written primarily for men.

I am grateful to Miss Katharine Hersey, of the department of physical education of The Ohio State University, who contributed the indoor illustrations and to Miss Mary Lockwood, of the physical education department of Manual Arts High School, Los Angeles, who coöperated in arranging for the out-of-door illustrations and suggested the game of League Ball described in Chapter II.

G. E. P.

February, 1929.

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**BASEBALL FOR GIRLS
AND WOMEN**

BASEBALL FOR GIRLS AND WOMEN

CHAPTER I

THE NATIONAL GAME

HISTORICAL NOTES

BASEBALL, as a team game, has been in existence in America since 1839. Because, early in the twentieth century, there arose a controversy regarding the origin of the game, a Commission was appointed in 1907 to consider all available evidence on the subject. "After investigating all obtainable facts the Commission unanimously declared:

"1. That Baseball had its origin in the United States.

"2. That the first scheme for playing it, according to the best evidence obtainable to date, was devised by Abner

Doubleday, at Cooperstown, New York, in 1839.” *

From the very date of its introduction the game developed rapidly. In 1845 the first baseball club was organized as the Knickerbocker Club of New York City, and by 1858 there were twenty-five teams playing in and around New York City. In the same year the National Association was founded, and through this organization the players agreed on the rules and equipment. Until the sixties, however, the game did not take on a professional aspect, being played to that time solely for the game's sake. It was taken up by the colleges late in the fifties, the first game on record being played in July, 1859, between Amherst and Williams.

The Civil War marked a change in baseball, for it was during this period that the clubs first charged an admission fee to see the games and shared the receipts with the players. This was the beginning of professional baseball, a

* Spalding, A. G., *America's National Game*, p. 19.

subject on which volumes have been written.

During all these early years the game was played with a ball $10\frac{1}{2}$ inches in circumference and $6\frac{1}{2}$ ounces in weight. It was not until 1866 that the ball was made smaller. The official league baseball in use to-day measures 9 inches in circumference and weighs 5 ounces.

Almost from the beginning the professional games in the large cities overshadowed in importance the college games. Participants in professional baseball, with the game as their business, made the rules and developed the game's technic while the colleges followed in the professional's footsteps.

Along with the growth in professional baseball there has been a corresponding growth in non-professional participation. This parallel development has been due, in great part, to the general understanding of the game gained from attendance at professional contests and to the wide interest generated in the sport by the press. The broad appeal of the game has resulted in the development of several different

games of both indoor and outdoor baseball, less highly technical and with less complicated rules than the original outdoor game, and so devised as to permit the participation of players of both sexes and of only average ability.

In 1887 George W. Hancock, of the Farragut Boat Club, Chicago, originated Indoor Baseball by modifying the outdoor rules to suit indoor conditions. This game enjoys a great popularity during the winter months, and was the first baseball game to be played extensively by girls and women.

With the advent of the playground movement another modification called Playground Ball was developed. The use of the soft ball and the shortening of the throwing distances in Playground Ball has been largely responsible for the rapid increase in the number of girls playing the game.

In 1921 H. A. Johnson, Director of Recreation Centers for the Board of Park Commissioners of Minneapolis, found the need for another modification of baseball to suit the



FIG. 1. INDOOR BASEBALL

conditions prevailing in city recreation centers. He originally called the game Kitten Ball, but has recently rewritten it for national use as Diamond Ball.

Until 1926 there were no outdoor baseball rules to meet the particular requirements of girls and women. Long before that date, however, it was generally agreed that the national game as played by men is unsuited to girls and women, because:

1. The intricate technic of the game is too difficult for the average girl to master.
2. The throwing distances are too great.
3. There is no advantage which cannot be enjoyed through participation in a more simple and well-planned, but less strenuous game, based on the men's game.
4. The danger of injuries is unnecessarily great with the use of the small, hard ball.

With these points in mind the first compilation of outdoor baseball rules for girls and

women was made by the author in 1926. These rules were shortly recommended for national use by the Sub-Committee on Baseball of the National Committee on Women's Athletics of the American Physical Education Association. It is the purpose of the National Committee "to create, adapt and standardize rules and conditions of athletic games, wherever they are necessary to fit the peculiar needs and abilities of girls and women, and to give publicity to these as far as possible, to the end that they be universally used." *

The Sub-Committee on Baseball, referred to above, met for the first time in April, 1927, at Des Moines, Iowa, and was presided over by Miss Helen W. Hazelton, of the University of Minnesota. At this meeting the 1926 rules were amended in some respects to better suit the needs of girls and women of average ability and all ages. By simplifying the men's official rules, eliminating much of the highly technical detail which is unnecessary in recrea-

* Somers, Florence, "Preface" to *Spalding's Official Handbook*, 1927-28, p. 5.

tional baseball for girls and women, and yet holding to the fundamentals and general technique in practically every detail, the game adopted by the National Committee not only fills a need for a well-planned outdoor baseball game to be used in all branches of recreation for women, but also increases immeasurably the woman spectator's enjoyment of the men's game since it familiarizes her with the official rules and method of play.

It is true, of course, that girls have been playing baseball for some time, especially since the introduction of Playground Ball. Both Indoor Baseball and Playground Ball are excellent games. They do not, however, solve all of the outdoor problems of schools, colleges and industries. Indoor Baseball has been modified and played out of doors in many schools, but there has always been a great lack of uniformity in rules, in the size of the ball used and in diamond measurements. It is hoped that with the introduction of an official outdoor baseball game, adapted to the needs

and abilities of girls and women of all ages, whether in schools, colleges, on playgrounds, in Y.W.C.A.'s or in industries, a standardized version of America's national game, with all of its educational possibilities, will become established.

VALUES

The development of physical education for girls and women and the transition from "spectator" athletics to "educational" athletics forms one of the most interesting and significant phases of the evolution of the American educational system. It is interesting to note how this development has taken place and to what extent baseball, the great national pastime, has been adopted both as a recreational and educational game.

Actually, the major growth of baseball for girls and women has come within the last decade. Delving back somewhat further into American sport annals, however, we are able to obtain a really striking conception of the

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change of public opinion with reference to athletics generally, for girls and women, and to the game of baseball in particular. No less an authority than Albert G. Spalding wrote, in 1911:

“ . . . But neither our wives, our sisters, our daughters, nor our sweethearts, may play Base Ball on the field. They may play Cricket, but seldom do; they may play Lawn Tennis, and win championships; they may play Basket Ball, and achieve laurels; they may play Golf, and receive trophies; but Base Ball is too strenuous for womankind, except as she may take part in grandstand, with applause for the brilliant play, with waving kerchief to the hero of the three-bagger, and, since she is ever a loyal partisan of the home team, with smiles of derision for the umpire when he gives us the worst of it.” *

Shortly after Mr. Spalding's words were written, however, elementary and secondary school authorities began to see the wisdom of

* Spalding, A. G., *America's National Game*, pp. 10-11.

incorporating gymnasiums and well-equipped playgrounds into their school building plans. Prior to this, young people, if they acted on their own initiative in adopting a personal athletic program, found the municipal playground, the Y.M.C.A. and the Y.W.C.A. practically the only agencies for carrying it out; but excellent as these facilities were, and are, for fostering physical development, they cannot reach the great mass of young manhood and womanhood that the gymnasium and playground can as an adjunct to the school system.

As the sports programs of the schools began to take form it was discovered that the game of baseball lends itself admirably to women's athletics, despite the rather discouraging observations of Mr. Spalding, and that its educational possibilities and its value in the promotion of good health are immeasurable.

From the educational standpoint, baseball, because of its highly organized nature, has a great deal in its favor as a game for girls and

women. It teaches them what the boys have learned from time immemorial in their sand-lot games: the ability to think quickly, to coördinate thought and action, to exercise good judgment, and a certain faculty in divining in advance the thoughts and actions of others.

The development in girls and women of loyalty and self-confidence, as well as a sense of responsibility and good sportsmanship are not the least of the advantages of the game.

We may believe that the early statements of Mr. Spalding and others that women's participation in baseball should be confined to her interest as a spectator, because of the strenuousness of the game, were made only with reference to the game as played by men. It is now generally conceded, even by those who, formerly, were the most skeptical, that the game as developed in recent years for girls and women does not require violent exertion on the part of the player; on the contrary, it is good exercise, and as Bowen and Mitchell state in their book, "women and girls need the de-

velopment of the trunk and arm resulting from throwing and the quick response to a situation that baseball games require.” *

It must be confessed that the lack of a general plan in the development of baseball and other games that gradually have been included in the athletic program for girls and women was a serious deterrent to the sound growth of all women's sports in years gone by. In fact, the absence of sound leadership and knowledge, and the consequent growth of undesirable tendencies became so apparent in the spring of 1923 that a Conference on Athletics and Physical Recreation for Girls and Women, called by Mrs. Herbert Hoover, was held in Washington, D. C., in April of that year. At that epochal conference was born the Women's Division of the National Amateur Athletic Federation.

A recitation of certain planks from the platform of the Women's Division will serve to give an idea of the purposes of the organiza-

* Bowen and Mitchell, *The Practice of Organized Play*, p. 124.

tion and the trend to women's athletics that has been effected as a result of the observance of these policies by those entrusted with the teaching of physical education in the schools and colleges throughout the country. Quoting then from its platform, the Division aims, among other things:

"To protect athletics from exploitation for the enjoyment of the spectator or for the athletic reputation or commercial advantage of any institution or organization.

To stress enjoyment of the sport and the development of sportsmanship, and to minimize the emphasis placed on individual accomplishment and the winning of championships.

To put well-trained and properly qualified women in immediate charge of athletic and other physical education activities.

To secure adequate medical examination and medical follow-up advice as a basis for participation in physical activities.

To promote programs of physical activities for all members of a given social group rather

than for a limited number chosen for their physical prowess.” *

This national effort, made to develop sports for women along proper lines, must be given due credit for the ever-increasing interest and participation in women's games. If policies, such as those advanced by the Women's Division, are adhered to, and, if the rules recommended by the National Committee on Women's Athletics are followed, then baseball, as one of the national sports, can be nothing but healthful, educational and—a whole lot of fun.

* Pamphlet issued by the N.A.A.F.

CHAPTER II

THE TECHNIC OF FUNDAMENTALS AND METHODS OF TEACHING

IN any sport, whether for men or women, a thorough understanding of the fundamentals involved is essential to consistent skill, and in teaching the game of baseball to girls too much emphasis cannot be placed on the importance of practice in its fundamentals of throwing, catching, batting and base-running.

THROWING

Because they do not have a natural aptitude for throwing, which all boys have from early childhood, many girls, when in the act of throwing a ball, tend to lob it or attempt to throw it with a weak forearm snap, failing to bring into play the shoulder and back muscles and to transfer the weight of the body from the right to the left foot, both of which are so

indispensable in acquiring speed, distance and accuracy.

The Overhand Throw. For the overhand throw, which should be used practically all of the time in throwing between bases and from the field, the ball should be grasped by the thumb and first two fingers. As the right arm comes back, bringing the hand to a position back of the head and about shoulder height, the weight of the body comes back on the right foot. The left leg and arm are raised forward for balance and the trunk bends and twists slightly to the right, bringing the left side to the direction in which the throw is to be made. (Figs. 2-3.) As the right arm goes up, over and forward, the weight is shifted forward to the left foot and the ball released (Fig. 4). When the ball is about to be released the fingers should be up and the thumb down, giving the ball a carrying rotation. The follow-through carries the right arm across the body and the right foot forward in a natural position for further play. Use the arms, shoulders,



FIG. 2. PITCHER STARTING OVERHAND THROW



FIG. 3



FIG. 4. COMPLETING OVERHAND THROW

back and legs freely, getting a full body swing. The overhand throw is the best for accuracy and speed.

The Underhand Throw. For the underhand throw the ball is grasped in the same fashion as for the overhand throw. The right arm is swung back parallel with the body as the weight is brought back on the right foot. There is a right body twist which brings the left shoulder to the direction in which the throw is to be made (Fig. 5). Then as the arm swings forward, again parallel with the body, the weight is shifted forward with the step with the left foot (Fig. 6). A follow-through may be made by finally stepping forward on the right foot. This throw is used in both indoor and outdoor baseball games by the pitcher, who, in beginning the throw, takes her position with both feet touching a line or plate. It is also good form for the infielders to use this throw for short distances on a fast play.

The Side-arm Throw. In this throw the technic is the same as for the two foregoing



FIG. 5. STARTING THE UNDERHAND THROW



FIG. 6. COMPLETING THE UNDERHAND THROW

throws except that, instead of carrying the arm from the back up and over, or swinging it parallel with the body, it swings through in the horizontal plane. This throw, unless it is the particular style of the player, should not be encouraged in preference to the overhand throw because it is difficult to control. It may well be used for short throws by the second baseman, and in fielding bunts and slow hit balls.

Suggestions. Practice throwing. Play catch. Throw short distances with the underhand swing and longer distances with the overhand swing.

Practice pitching. Do not try to throw fast balls without plenty of "warming up" as the arm is delicate and may be injured, especially in cold weather. Warm up the arm gradually. Practice the body swing with the ball and without it. Keep the muscles relaxed and make it an easy swing. Work up the speed later.

Elsewhere in this chapter will be found tests

of skill and simple games involving throwing which should be of great assistance in stimulating interest in improving throwing form.

CATCHING

In general, when catching the ball the player's fingers should point either straight up or straight down. If the ball is received above waist height the fingers should be pointed up with the thumbs together (Fig. 7). If the ball is received below waist height the fingers should be pointed down with the little fingers together (Fig. 17). The fingers never should be pointed into the ball if sprained and broken fingers are to be avoided.

Suggestions. Play catch. Keep the hands well in to the body. When, with the hands in this position, you can catch every one of ten balls thrown to you, then try reaching out for them. Sometimes reaching out to catch the ball will mean a "put-out" at a base, whereas catching it close to the body will mean a safe base-runner. In all styles of catching the



FIG. 7. POSITION OF HANDS WHEN CATCHING BALL COMING ABOVE WAIST HEIGHT

hands and arms should be relaxed so that they will give with the impact.

Fielding Ground Balls. As soon as the pitcher makes a motion to deliver the ball all players should be ready instantly to start to either side or forward for a batted ball, with the weight forward on the balls of the feet, the trunk bent slightly forward and the knees bent. If the ball is batted toward you, get squarely behind it and keep your eye on it until it is in your hands. There are two places to play a bounding ball: (1) as it leaves the ground; (2) at the top of the bound. As often as possible take it as it leaves the ground because it is more certain than the long bound. Keep the hands close in to the body with the fingers pointing down and the little finger sides together. Keep the feet close together, either on the same line or with one slightly back of the other (Figs. 8-9). At times when the ball must be fielded on the run no set position can be assumed. Never back away from the ball as it loses time and results



FIG. 8. FIELDING GROUND BALL ON RUN



FIG. 9. GENERAL POSITION IN FIELDING GROUND BALL

in errors. The bend to pick up the ball is made partly at the hips and partly at the knees, with the greatest bend at the hips in order to get low enough and still keep the eyes on the ball. Lose no time in recovering a fumbled ball.

Practice this form waiting for the ball to come to you. When you feel at ease going through these motions try advancing or running in on the ball. Always get set before it reaches you, but remember that in advancing as far as possible you shorten the time the runner has to reach base. In fielding bunted balls or slow hit balls it is justifiable to use a one-hand pick-up. The throwing hand should be used in this case as no time should be wasted in transferring the ball from one hand to the other. All players should practice the fielding of grounders.

Fielding Fly Balls. The most important thing in fielding a fly ball is to get under it as soon as possible. Do not go after a fly ball on the jump or with your hands raised in the



FIG. 10. GETTING SET FOR A HIGH FLY

air, as it slows up your speed and spoils your vision. Make the catch close to the body with the fingers pointed either up or down (Fig. 10). If a fly is hit beyond you, turn your back on it and run for the spot where you think it will land, glance around, locate it, turn front and catch it. Never run backward to field a fly hit over your head. Do not decide it best to play it safely on the bound through fear of an error. Get under it quickly and try for it.

Outfielders should go into the field and practice catching long, high flies in order to develop their judgment of distance and make the catching of shorter flies more easy. Infielders should practice catching short flies.

BATTING

As batting ability constitutes the strength of the offense and as girls in general are particularly weak in this department, a great deal of time should be spent in learning the correct batting form; first without the bat, then with the bat and without the ball, and finally

in the batsman's box swinging at pitched balls. It is important that the bat be the right weight, length and grip for the player. A heavy bat should be avoided just as should a heavy tennis racket or a heavy golf club.

Position in the Batsman's Box. Stand erect, squarely facing the home plate. Choose the stance at the plate that is easiest for you. Some players stand in a stride position, while others stand with the feet close together, stepping into the swing as the ball is delivered. For beginners the stride position is best and should be taken with the feet moderately close together and with the center of the stride opposite the twelve-inch base-line points of the home plate.

If the "feet together" position is used, the stand should be made opposite the rear corner of the plate so that when the left foot is advanced with the swing the bat will pass directly over the plate. At the beginning of the step, or when the bat is back on the stride, the weight should be on the rear foot (Figs. 11,



FIG. 11. READY TO BAT POSITION



FIG. 12

12, 13, 14). As the swing is made the weight shifts to the forward foot, leaving the batsman in position for a quick start to first base (Fig. 15). The step should be fairly short, as a long stride jars the body, spoils the vision and



FIG. 13. READY TO BAT

leaves the batsman in a poor position for a quick start down the base line.

The distance the batsman stands from the edge of the plate should depend on the length of the bat and the length of the arms. The best power in the bat is not at the end but just beyond the middle, so the batsman's distance



FIG. 14. STARTING THE SWING

from the plate should bring the powerful part directly over the plate.

The body should be easy for best control and the head should be turned to face the pitcher. The entire movement should be rhythmical—a smooth coördination of body, arms and legs.

The Use of the Bat. The bat should be grasped rather loosely, with the hands together about two or three inches from the end, the right hand above the left. To start the swing bring the bat well back above the right shoulder, keeping the elbows well out from the body and the left one high. The bat should not be rested on the shoulder (Fig. 12); it should be swung with a firm, easy stroke, with the arms practically straight as the bat passes over the plate in a plane parallel with the ground.

Complete the swing by following-through with the bat as the weight shifts entirely to the left foot, preceding the start to first base (Fig. 15). The right foot should not be moved until the swing is completed and the



FIG. 15. "COMPLETING THE SWING

batsman is ready to step into a natural stride down the first base line.

Before the pitcher is ready to deliver the ball, the batsman may rest the bat on the shoulder or may swing it easily to and fro about waist height. In swinging the bat thus, while awaiting the delivery of the ball from the pitcher, be careful not to swing violently and thereby spoil your vision. Keep the swing toward the catcher rather than toward the pitcher so that you will not fail to be ready to strike the ball.

Strike the ball either directly over the plate or out in front and slightly ahead of the body.

Suggestions. It is well to practice the batting position when out of the box (Fig. 16). Then stand in the box and combine the stance with the position and swing. Then practice hitting the pitched ball. Following are some important points to remember:

1. Keep your eyes on the ball from the time it leaves the pitcher's hand until it hits the bat.



FIG. 16. GROUP WORKING ON BATTING FORM

2. Strike only at good balls. Wait for them. Develop good judgment.
3. Make the swing in an easy manner and remember to follow-through.
4. Be ready to hit. Have the bat swung back far enough and bring it forward quickly.
5. Keep the muscles relaxed and have good control. Avoid tenseness.
6. Keep your grip fairly loose. It is possible to hit hard with a loose grip and a full swing.
7. Swing well out from the body. Keep the arms in line with the bat and bring the hitting end of the bat over the plate with the wrists. The wrists should not lead.
8. Keep the bat high before the swing. If it is dropped from above the right shoulder before the swing it will tend to cut under the ball.
9. Keep your weight forward to avoid pull-

ing away from the plate with your body.

Bunting. Bunting consists of letting the ball hit the bat in such a way that it will drop and roll slowly to a point midway between home and first base or home and third base and close to the base line. Bunting should not be difficult for girls to learn, for a soft ball, 12, 14 or 17 inches in circumference is obviously an easier mark than the 9-inch hard ball, with less bound on the impact and with the danger element minimized.

In bunting, the batsman should take a position in the box similar to that used for other hits, thus concealing the intention to bunt. As the ball is delivered a short step should be taken in the direction you wish the ball to go, the upper hand should slide up to the middle of the bat and the fingers should grip it rather firmly on the rear side. At the same time loosen the lower hand so as to deaden the contact between the ball and the bat. The ball should be met well out in front of the plate.

This movement should bring the bat to a horizontal position over the forward foot, with the arms easy and the rear foot ready for a quick start down the line for first base. The ball is directed toward first or third base by using the lower hand to control the angle of the bat.

In indoor baseball, where the 17-inch ball is used, the bunt may be made successfully by sliding the right hand to within a few inches of the end of the bat and letting the ball meet the bat between the hands (Fig. 17).

The bunt should be used on good balls only, as the high, wide or close ball is difficult to direct. This is true especially of the high ball.

The purposes of the bunt are explained in Chapter III, which describes team work in batting.

BASE-RUNNING

The distance from the home plate to first base is run in the same way, both in indoor and outdoor baseball. The important thing is the quick start from the plate after the ball is



FIG. 17. BUNTING

struck, the swing and follow-through being made so that the batsman is brought immediately into the stride toward first base. First base should be touched with either foot in your regular stride as you sprint over it.

First base and home plate may be overrun, but the contrary is true of second and third bases. When overrunning first base turn to the right and return to the base immediately, for if any move is made toward second base you may be put out.

If you have hit a long fly, or made a hit that may be good for more than one base, do not run straight down the first base line, but start to swing out to the right when you have approached to within approximately ten feet of first base and circle toward second base, touching first base on the inside corner as you pass. This saves a wide swing out of the base line between first base and second base. The same rule would apply in running the distance from first base to third base or second base to the home plate.

In indoor baseball and on the smaller diamonds in outdoor baseball the base-runner is not allowed to leave a base until the pitched ball has reached or passed the home plate. In these games the base-runner should take a position with one foot on the base and the other foot advanced in the direction of the next base with the knee slightly bent to insure a quick start.

On the larger diamonds used in outdoor baseball the base-runners may lead off the bases at any time with the risk, if caught off base, of being put out if touched by the ball in the hands of a fielder. Your judgment will have to determine the distance you dare to go in leading off a base. A stride position should be assumed, with the weight evenly divided so that a quick start may be made in either direction.

Base-sliding is one of the essential fundamentals in the men's game of baseball. With a ninety-foot run between bases and the use of a hard and small, fast ball, it becomes neces-

sary very often to brake a top speed sprint to second or third base, or home plate, with a slide. Besides its use as a brake for speed, the slide is used to avoid a fielder with the ball. In the women's game, with a much shorter distance between bases and the use of a slower ball, it is seldom necessary to slide for safety.

There is a variety of technic in the art of base-sliding and the interested player may find helpful the discussions on the subject in the books by Clarke and Dawson, and by Wardlaw, listed in the bibliography. Correct base-sliding involves much preliminary practice in soft dirt, in jumping pits or on mats. It necessitates the wearing of sliding pads on the thighs to avoid burns. It includes the danger of twisted knees and sprained or broken ankles. These hazards make any encouragement of base-sliding in recreational baseball for girls decidedly questionable.

The natural way for a running person to slide is head-first, but the use of spiked shoes among the men led to the adoption of, and

preference for, the feet-first slides, the baseman's spikes being too great a hazard to the runner in the head-first slide.

For base-running as applied to offensive team play, see Chapter III.

TESTS FOR PROGRESS IN SKILLS

The following simple tests are offered as a basis for stimulating interest in improving skill among players. From the point of view of the teacher they may also be of value in "sizing up" material, correcting individual faults and estimating grades. As Brace expresses it: "Measurement makes possible better grouping of pupils, or planning instruction so that greater teaching efficiency may result. If it is desired to improve the game skills of pupils, it becomes of advantage to know the efficiency of individuals so that those needing special teaching may be grouped together, or so that teams of equal ability may be formed. If general playing ability is held back by deficiency in some specific skill, it is wise

procedure to discover what that deficiency is and plan specific instruction for its correction.” *

The scoring tables should be posted on the gymnasium wall, bulletin board or baseball backstop where they will be readily available for players' use. Weekly charts may be filled in by the players as a means of comparing the relative progress of classes, teams or individuals.

Pitching for Accuracy. A pitching target may be made in several different ways. One very simple way is to paint a rectangle on the wall of the gymnasium or on a handball board (Fig. 18). It may be painted on canvas and hung on the baseball backstop, or it may be a frame of wood erected to stand on the ground in any desired spot (Fig. 19). The rectangle should always be 18 inches wide by 37 inches high, overall, the painted lines bordering the rectangle being one inch wide. The lower edge of the rectangle should be 21 inches above the

* Wardlaw, Charles, *Fundamentals of Baseball*, p. 76.



FIG. 18. PITCHING TARGETS



FIG. 19. PITCHING FRAME

level of the floor or ground. The area within the rectangle describes approximately the strike area over the home plate, between the knees and shoulders of the batsman.

Taking the correct distance for pitching, and using the correct form in delivery, throw for the strike area within the rectangle. This test may be used for both overhand and underhand pitching. All balls hitting within the rectangle may be called strikes; all others, balls. Pitch for strikes and balls and score as follows:

<i>Strikes</i>	<i>Balls</i>	<i>Percentage Scored</i>
3	0	1.000
3	1	.750
3	2	.600
3	3	.500
2	4	.333
1	4	.200
0	4	.000

Try to raise your pitching average!

Throwing for Accuracy. A target consisting of a circle $4\frac{1}{2}$ feet in diameter may be painted on the gymnasium wall, handball

board (Fig. 20) or a canvas. The target center should be 5 feet from the ground or floor. The target area represents approximately the area within the reach of a player fielding the ball.

First, stand the distance between bases away from the target and throw for accuracy. Then, stand away from the target the distance between first and third bases and repeat the test. Take five trials at each distance and score as follows:

<i>Within Circle</i>	<i>Without Circle</i>	<i>Percentage Scored</i>
5	0	1.000
4	1	.800
3	2	.600
2	3	.400
1	4	.200
0	5	.000

Do not stop with a standing of .600. Work your accuracy up to 1.000!

A target consisting of a bull's eye, 18 inches in diameter, and two outer circles, 9 inches and 18 inches distant from the bull's eye, may

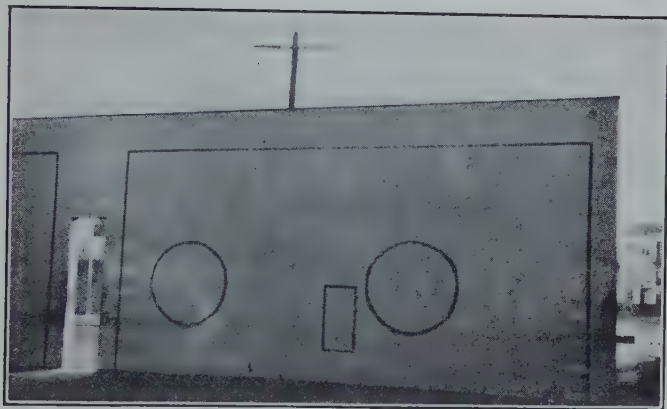


FIG. 20. ACCURACY TARGETS



FIG. 21. ACCURACY TARGETS

52 BASEBALL FOR GIRLS AND WOMEN

be used to further test accuracy in throwing (Fig. 21). Take five trials and score as follows:

Bull's eye	20 points
Middle area	10 points
Outer area	5 points

Throwing for Distance. Using one of the bases as a beginning point, progress into the field and at various distances practice throwing for the home plate. Every girl should be able to throw at least 60 feet. Try to increase your distance but do not try to do too much in one day. Progress gradually and save your arm. Score as follows:

<i>Distance Thrown</i>	<i>Percentage Scored</i>	
	9-12-14 inch playground ball	17-inch indoor baseball
0- 60 ft.	.125.....	.250
60- 70 ft.	.250.....	.500
70- 80 ft.	.375.....	.750
80- 90 ft.	.500.....	1.000
90-100 ft.	.625	
100-120 ft.	.750	
120-140 ft.	.875	
140-inf.	1.000	

Batting Test. Using the same pitcher throughout, record the number of fair and foul hits made by the batsman in five attempts. To compensate for the inaccuracy of the pitcher, strikes should not be counted as attempts. The pitching distance should be that used in the game. The batting should be done in good form. Score as follows:

		<i>Percentage</i>
<i>Fair Hits</i>	<i>Foul Hits</i>	<i>Scored</i>
5	0	1.000
4	1	.800
3	2	.600
2	3	.400
1	4	.200
0	5	.000

Raise your batting average!

SIMPLE GAMES INVOLVING FUNDAMENTALS

In order that the beginner may avoid the possible confusion attendant upon learning too many rules at once, it is often desirable to use a more simple game than baseball in learning the fundamentals, especially in the elementary

grades. It is also advisable to employ certain games which are similar in many details to baseball and yet do not require the full number of players. The following are especially practical and most of them familiar.

ONE OLD CAT

This is a game for three players. Equipment consists of two bases, a bat and a ball. One base is used as home plate, the other as first base, 30 feet distant. The three players take their positions as pitcher, catcher and batsman. The ball is delivered by the pitcher to the catcher, who should be approximately 35 feet distant, and the batsman attempts to hit it as it passes. If she misses it and the catcher catches it before it hits the ground or on the first bound, the batsman is out and the catcher goes to bat, while the pitcher becomes catcher and the retired batsman becomes pitcher.

If the batsman hits the ball she must try to run to the base and return to home plate again

before the pitcher or the catcher fields the ball and holds it while touching the home plate. If the batsman succeeds in making the round trip she scores one run and continues at bat until put out. Individual scores are kept, the winner being the player with the highest number of runs when the game stops.

As a variation the batsman may be put out if the ball is held by the pitcher or catcher on either first base or home plate before the batsman reaches these objectives.

Note: Originally the game of One Old Cat was played with the batsman standing midway between the pitcher and catcher and attempting to strike the ball as it was delivered by either player. There was no exchange of places then except by the batsman and the player putting him out. The run was made to a rock placed at an arbitrary point on the field.

The playing of Four Old Cat, in which four bases, four batsmen and four pitchers were

employed, led to the use of the present baseball diamond.

WALL BALL

This is a game for two players. Equipment consists of one base, a ball and a bat. The players take positions facing a wall, one beside the base, ten feet directly out from the wall, as batsman; the other about five feet behind her, or fifteen feet from the wall, as pitcher.

The ball is thrown against the wall by the pitcher and as it returns the batsman tries to hit it. If she misses it and the pitcher catches it before it touches the floor or ground, the batsman is out. If the batsman hits it she attempts to run to the wall and back to the base before being struck by the ball from the hands of the pitcher. If successful in making the round trip she scores a run and remains at bat. If unsuccessful she is out and the two players change places. The high individual score determines the winner.

WORK-UP

(Also called Scrub or Rotation)

Work-up is best played by twelve players, but fewer may play if the number of field positions is reduced. Regular baseball equipment and distances are used.

With a full team in the field, the few remaining players are batsmen. Each position in the field is occupied in rotation as the batsmen are put out in any of the usual ways common to baseball. The lowest position in the field is right field, to which position the batsman moves as soon as she is put out. As other batsmen are put out she gradually works up through the various outfield and infield positions to pitcher and then catcher, after which she again goes to bat. The order of progression is as follows: right field, center field, left field, third base, shortstop, second base, first base, pitcher, catcher, batsman. Any player who catches a fly hit changes places with the batsman and no rotation takes place.

LEAGUE BALL

This is a game for five players. Equipment consists of a handball board, one base, a ball and a bat. Markings and measurements are shown on Diagram 1. The players take their positions as pitcher, catcher, fielders (2) and batsman. When the batsman has been put out, as described in the ensuing paragraph, she retires to the right field position, and as put-outs follow a regular rotation takes place as follows: right field, left field, pitcher, catcher, batsman.

The pitcher delivers the ball with the under-hand swing. The batsman attempts to hit the ball against the board. If she swings at it and misses it, or hits it into foul territory as in regular baseball, a strike is counted against her and three strikes put her out. Otherwise strikes and balls are not called. The batsman may also be out as follows: (1) if a fielder secures a grounder before it reaches the board; (2) if a fielder catches a fair or foul hit before

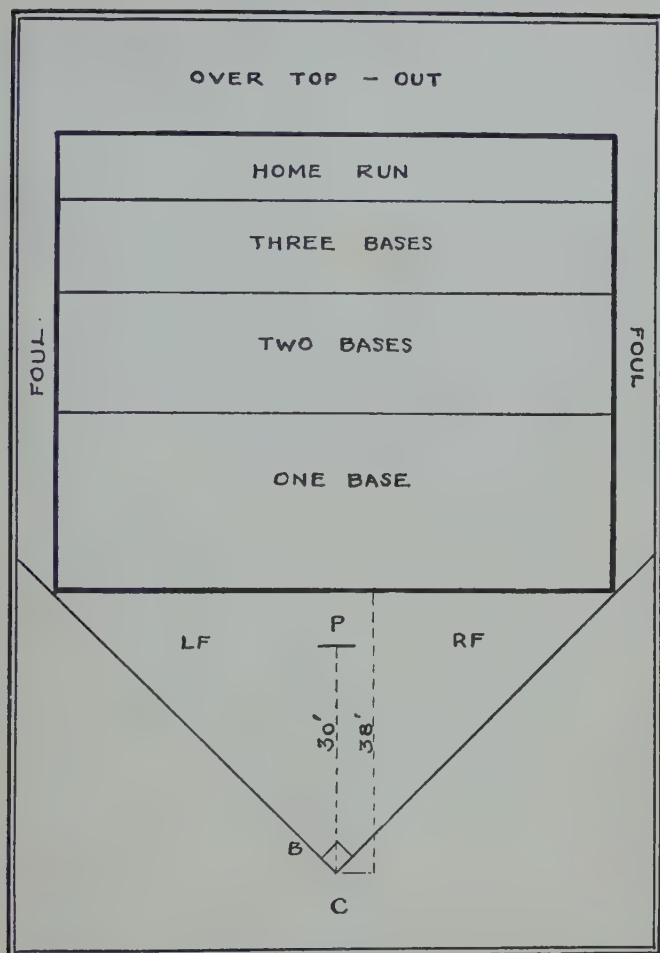


DIAGRAM 1. LEAGUE BALL FIELD

it touches the ground; (3) if a fielder catches a ball bounding from the board before it has touched the ground; (4) if the ball is batted over the top of the board.

The batsman does not run when the ball is hit. If she hits the board in the second base territory (see diagram) the pitcher calls "man on second," and the batsman remains at bat. If she then hits the board in the first base territory the pitcher calls "man on first and third." If the next hit, by the same batsman, is made, for example, in the second base territory the pitcher will call "one run, man on second and third." The pitcher always calls the position of the imaginary base-runners and the runs scored. A grounder reaching the board is a one-base hit. The player having the highest individual score when play is stopped is the winner.

BAT BALL

Bat Ball is played by two teams made up of any number of players, preferably nine to fifteen on a team. Equipment consists of a vol-

ley ball, a soccer ball or a 17-inch indoor baseball, and one base. The necessary lines and measurements are shown in Diagram 2.

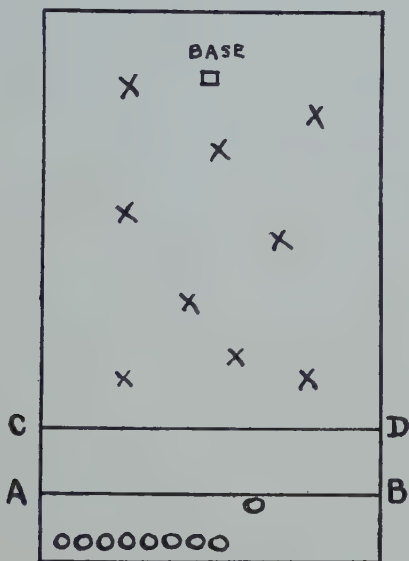


DIAGRAM 2. BAT BALL

A-B to C-D = 6 ft.

O = Batsmen

X = Fielders

As in baseball, one team is scattered in the field while the other team is at bat. The team at bat stands out of the field of play, behind the

line A-B (see Diagram 2). The object of the game is to score runs as follows:

The team at bat puts its players up in turn, behind the line A-B. The batsman tosses up the ball and bats it, with the open palm, over the line C-D, then runs immediately through the field of play, circles the base from right to left and runs back across the line C-D to score a run, unless she is hit en route by the ball from the hands of a fielder. If hit, she is out.

The batsman gets two trials to bat the ball over the six-foot line. If she fails in two trials she is out.

If a batted ball is caught by a fielder before it touches the ground the batsman is out.

When three put-outs have been made the teams change sides.

Fielders may pass the ball around, in order to make a shorter throw to the runner, but must not run with it or hold it more than three seconds.

The team wins that has the most runs in equal numbers of times at bat.

LONG BALL

Long Ball is played by two teams, eight to ten players on a team. Equipment consists of a 12-, 14-, or 17-inch baseball, a bat, a home plate and a long base. The long base may be a 4 by 6 foot space marked off, or it may be just something at hand, such as a long board, a log or a mat. See Diagram 3 for playing field.

One team takes its place in the field, the other at bat. The fielders are scattered except that the pitcher takes her place at the pitching line and the long baseman takes her place at the long base. The pitcher delivers the ball as in baseball and the batsman on hitting it runs to the long base. There are no foul balls. The batsman may be put out:

1. If she strikes out as in baseball (fouls not counted as strikes).
2. If the ball hit is caught by a fielder before it touches the ground.
3. If the ball reaches the long baseman at

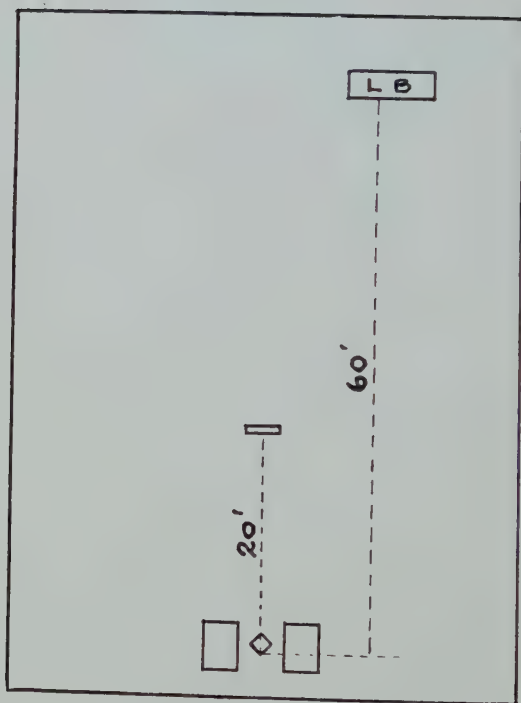


DIAGRAM 3. LONG BALL

long base before the batsman touches long base.

4. If she is hit by the ball on the fly, from the hands of a fielder, before she reaches long base.
5. If she is, at any time, caught off base when the baseman has received the ball at long base.

The batsman may remain on the long base any length of time, perhaps until several others on her team also occupy the same position, but no runs are scored until the run to long base and home again is completed. For each safe round trip one run is scored.

A batsman may take her base on four balls as in baseball.

The runner from long base to home plate may be put out:

1. If hit by a fly ball thrown by a fielder.
2. If the ball reaches the catcher at home plate before runner reaches plate.
3. If she interferes with the ball in the field of play.

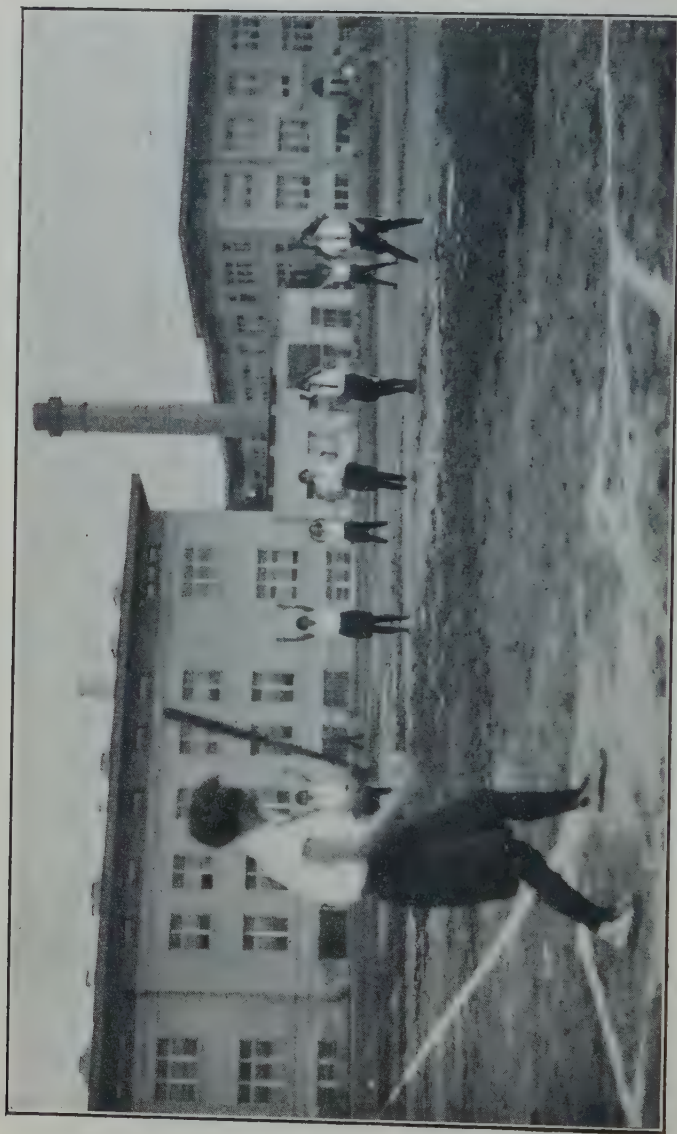


FIG. 22. FIELDING GROUND BALLS IN PRACTICE

When three put-outs have been made the teams change sides.

The team having the most runs in an equal number of innings wins the game.

FIELDING GROUNDERS

The infielders take their places on the diamond with a batsman tossing up the ball for herself and batting ground balls to each of them (Fig. 22). When the batsman has hit ten balls she retires to the field and a new batsman takes her place.

The first ground balls should be hit to take easy bounds and within reach of the fielders. The fielders should practice picking them up as directed under "Fielding Ground Balls" in this chapter. Following the pick-up the ball may be fielded to first base, then to home plate, in order to include practice in throwing for accuracy. This is excellent practice before a game.

THROWING AND CATCHING RELAY

Two or more lines of players each face a captain who stands about ten feet distant from the player first in line (Diagram 4). The captain throws to the first player, who returns the ball immediately and falls out of line. The captain then throws to the next player in line and so on until the captain stands alone with the ball in her possession. The group finishing first wins the relay. If the ball is missed, the player missing it recovers it and may return it from the point of recovery. This relay may be varied by using the overhand and underhand throws, or by throwing ground balls which bound once between players.

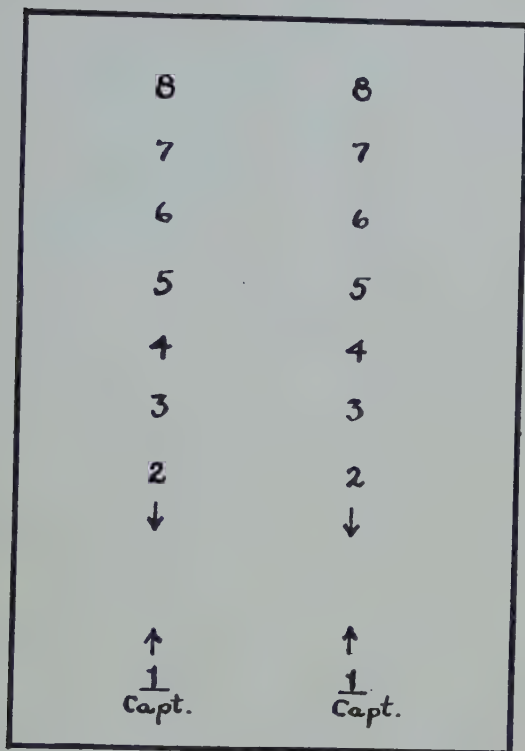


DIAGRAM 4. THROWING AND CATCHING RELAY

CHAPTER III

THE TEAM AT BAT

The Batting Order. The captain of the team may place the players in any desired batting order regardless of positions played in the field, but the batting order once established cannot be changed during the game. The strongest batsmen should occupy the middle section of the order, the best arrangement of the offensive strength being approximately as follows: first, three good hitters; next, three heavy hitters; last, three weak hitters.

Team Work in Batting. In baseball, as played by girls and women, there are three ways of getting to first base:

- (1) By hitting.
- (2) By getting a base on four balls.
- (3) By bunting.

The answer to the question of when to wait, when to hit and how to hit depends on:

- (1) The number of put-outs that have already been made against the side at bat.
- (2) The position of base-runners, if any.
- (3) The score.

Brief suggestions, covering certain possible combinations of these conditions that may be faced by the batsman, follow:

•(1) *No score, no one on base, none out.*
Mix your style of play under these conditions, making every effort to get to first base. It is a good idea to wait until at least one strike has been called; that is, play a "waiting game" and refuse to strike at anything the opposing pitcher may offer until one strike has been called by the umpire. You may thereby get a base on balls. If the count is "two balls and no strikes" by all means wait. With the count "three balls and no strikes" permit two strikes to be called on you without attempting to hit the ball. You might, as an alternative, bunt if bunting is one of your strong points. Under the conditions just described there is a surprise

element in the bunt, which increases the likelihood of its success.

• (2) *One out, no one on base.* Try for at least a two-base hit, as the chances of scoring from first base are not as great as though there were none out. It is unnecessary to wait for a base on balls. Even with the count "two balls and no strikes" try for a long hit.

• (3) *Two out, no one on base.* Now there is less chance than in either (1) or (2) of scoring from first base, so there is no particular value in waiting for a base on balls. Try for a long hit.

(4) *None out, runner on first base, no score, or score tied.* There are several possible plays for the batsman under these conditions:

(a) *Sacrifice Bunt.* If a reasonably good bunter, bunt for a deliberate sacrifice, which will place the runner on second base while you are being put out at first base.

(b) *Hit and Run.* You may give a signal to the base-runner that you will hit

the first ball pitched, following the giving of the signal. In this case the runner will advance as soon as the pitcher begins her delivery and it is up to you to attempt to hit the ball, whether it is good or bad, except, of course, in the case of a very bad ball that even the catcher may be unable to reach without at least being thrown off-balance.

- (c) *Bunt and Run.* You may be able to advance the base-runner from second to third base by placing a bunt toward third base, drawing the third baseman in to field the ball and leaving the base uncovered. You must be a good bunter to do this. If you bunt a "pop fly" you may cause a double out.
- (d) *Hit the Ball.* Wait for a good ball and hit it. This play is as good as any, especially for the beginner.
- (e) *Wait for a base on balls.* If the count

is "two balls and no strikes" or "three balls and one strike," permit a strike to be called on you just as you would if there were no runner on first base.

No one of these plays should be used for a particular situation, for the defense would soon learn what to expect and be fully prepared for you. Mix the plays and keep the team in the field guessing.

(5) *No one out, runner on first base, and the team at bat more than two runs behind.* In this case never bunt for a sacrifice, as in 4-a, for while the sacrifice may result in one run, it seldom results in more than two runs.

(6) *One out, runner on first base, no score or score tied.* You may:

- (a) Hit and run, as in 4-b.
- (b) Hit the ball, as in 4-d.
- (c) Wait for a base on balls.

The sacrifice is a poor play in this case.

(7) *Two out, runner on first base.* There is nothing to do in this case but to hit the ball,

unless the pitcher is particularly erratic, when it might be better to wait for a base on balls.

(8) *No one out, runner on second base.*

You may either,

(a) Bunt for a sacrifice, directing your bunt toward third base to draw the baseman out of position, or

(b) Hit the ball. Even with the count "two balls and no strikes," hit the next one if it is good. Even with the count "three balls and no strikes," try for a hit on a good ball. A hit will score a run while a base on balls will not. This is not the time to wait for a base on balls.

(9) *No one out, runner on third base.* You may:

(a) Hit the ball.

(b) Wait for a possible base on balls.

(c) Use the "squeeze play." In the squeeze play the batsman bunts the ball as the runner takes a long lead off third

base, making it possible for the latter to score while the bunt is being fielded. The batsman must have strong bunting ability and make a sure connection with the ball. Otherwise a put-out at third base or home plate is likely.

• (10) *No one out, runners on first and second bases.* This is an ideal situation in which to bunt toward third base and advance two runners.

• (11) *One out, runners on first and second bases.* A good hit is the best play in this case, but if a weak batsman is up it might be best to bunt as in (10).

• (12) *Two out, runners on first and second bases.* The only good play here is to hit the ball.

(13) *No one out, runners on first and third bases.* There is no point in making a sacrifice bunt because with a runner on third base it should be easy for the runner on first base to

steal second base. After the steal, a long hit to right field will bring in the runners.

(14) *No one out, one out, or two out, runners on second and third bases.* Hit the ball, even if you have three balls and no strikes, because a hit will score one or more runs, while a base on balls fills the bases and makes a double out possible on the next hit.

These suggestions are not made to encourage any hard and fast system under certain conditions. Mix the plays and make the game interesting.

Base-Running. The batsman becomes a base-runner the instant she hits the ball. Always run out *every* hit at top speed. After you have reached first base there are various points to consider before you take a chance in going farther. Some of these are:

- (1) Number already out.
- (2) The score.
- (3) The inning.
- (4) Number of balls and strikes on the batsman.

(5) Playing ability of opponents.

(6) Playing ability of own team.

In considering the score: If your team is more than one run behind, it is well to steal a base only when you are quite sure of making it. Of course, you will modify this suggestion depending on the number already out and the inning. If there is none out, it is quite probable that you will, without taking undue chances, score before three put-outs are made. If one is out, you might take moderate risks in getting around. If two are out, you may as well take every chance. The idea is to do the right thing at the right time.

In considering the number of balls and strikes: If the batsman has three balls and no strikes, your chance of getting from first to second without stealing is so good that there is no point in taking a risk. If two are out and the batsman has three balls and two strikes you may as well, if you are on first base, steal on the next ball delivered by the pitcher, for you are risking nothing no matter

what the batsman does, and in case of a hit you are already on your way.

For other comments on batting and base-running, see Chapter II.

CHAPTER IV

THE TEAM IN THE FIELD

ONE-HALF of each inning is spent by each team on the offensive in an effort to score runs, while the other half is spent in the field in an organized effort to prevent the opponents from scoring runs. The players of a team may be distributed in the field in any positions desired by the captain, except that the pitcher must take her position as defined in the rules. The positions in which the players may be advantageously placed vary somewhat in indoor and outdoor baseball. Suggestions for their placement in both games are made in Diagrams 7, 8, 9 and 10.

The manner in which the various positions may be played also varies in some details, due to the difference in placement of players and the difference in the sizes of the diamonds. In

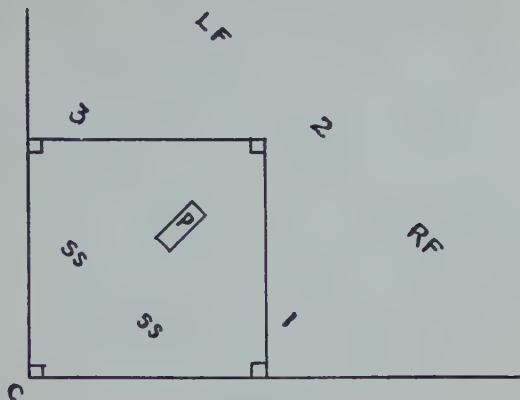


DIAGRAM 7

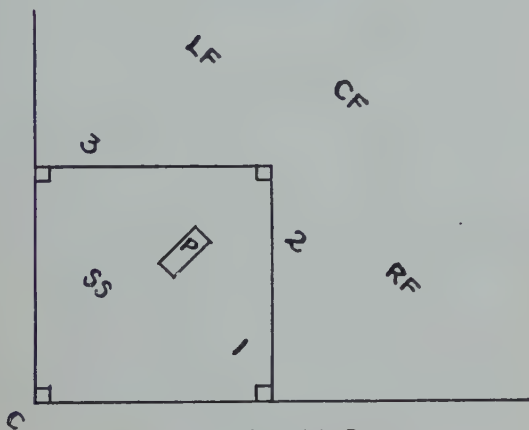


DIAGRAM 8

INDOOR BASEBALL

- No. 7. Positions of nine players, using two shortstops.
 No. 8. Positions of nine players, using one shortstop.

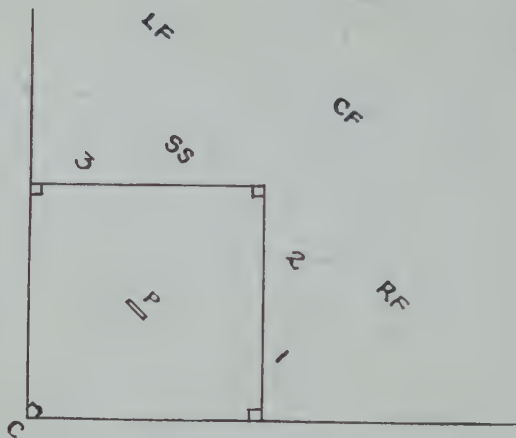


DIAGRAM 9

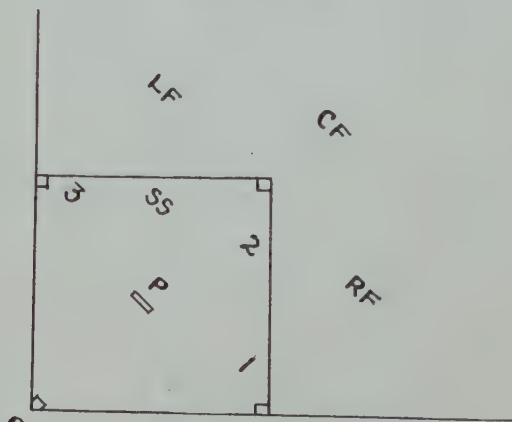


DIAGRAM 10

OUTDOOR BASEBALL

No. 9. The usual positions of the nine players.

No. 10. Same players in close. If ten players there may be two shortstops.

neither game is it requisite to study the intricate technic of position play as practiced in the men's game, in which the hard, fast ball and the ninety-foot diamond are used.

The subsequent comments on the different positions are arranged in such a way that those common to both indoor and outdoor baseball appear first, followed by special notations peculiar to the individual games.

THE PITCHER

Pointers Applicable Both to the Indoor and Outdoor Game:

Practice less speed and more control until the latter is well developed.

It is a mistake to start a game with swift balls only to be forced to let down before the game is over because you are tired out.

Keep your eyes on the mark made by the catcher's hands as you deliver the ball.

Warm up before the game, but do not use so much energy that you will tire during the game.

It is difficult to over-work the arm in under-hand pitching as the required movement of the arm is a natural swing similar to that used in walking and running.

Cover first and third bases when they are left unprotected by the basemen in fielding balls.

Practice fielding bunted balls.

Try for flies only when they come directly to you.

Read the rules covering the "balk."

Pitch as few balls as possible to each batsman.

Pointers Applicable Only to the Outdoor Game:

Keep the base-runners close to the bases.

When the catcher is drawn away from home plate and there are runners on the bases, cover home plate.

Back up third base when the ball is hit to the outfield and there is a runner on first base, or on first and second bases.

Pointers Applicable Only to the Indoor Game:

Cover second base when the baseman is drawn out of position to field the ball.

THE CATCHER

Pointers Applicable Both to the Indoor and Outdoor Game:

Be a quick and accurate thrower.

Make a target with your hands at which the pitcher may throw.

Catch for the pitcher in practice.

Remember to point the fingers up or down (see Chapter II). Do not point the fingers into the ball.

Be free and relaxed.

Keep the hands well in to the body.

Catch as close to the bat as possible in order to make a better target for the pitcher.

Size up the opposing batsman and signal for a high, wide, low or good ball accordingly.

Return the ball to the pitcher by throwing

it all the way. The pitcher should not have to stoop for a low ball or a ground ball.

Start quickly for all foul flies.

Throw to bases now and then to catch a runner napping. Even if you are unsuccessful, the attempt encourages cautiousness.

Pointers Applicable Only to the Outdoor Game:

Practice fielding bunts.

Back up first base on an outfield fly with a runner on first base, and also on ground balls to right field.

THE FIRST BASEMAN

Pointers Applicable Both to the Indoor and Outdoor Game:

The runner coming to first base is entitled to the path. Keep inside of the line and you will avoid collisions, make it easier to tag runners and easier for the fielders to throw to you.



FIG. 24. REACH-CATCH OFF BASE



FIG. 25. REACHING OFF BASE FOR LOW BALL

Stretch and reach out for the ball thrown to catch a runner. The reach may mean a put-out, whereas failure to reach may mean a safe runner (Figs. 24 and 25).

If the ball is coming toward you on your right, advance the right foot from the base in reaching for it. If it is coming toward you on your left, advance the left foot. This posture will eliminate a clumsy cross-legged position.

Be ready and able to catch flies, fair and foul.

Practice fielding ground balls hit toward first base.

If it is necessary, leave the base in order to make a catch.

Pointers Applicable Only to the Outdoor Game:

Practice fielding bunts.

THE SECOND AND THIRD BASEMAN AND
SHORTSTOP

*Pointers Applicable Both to the Indoor and
Outdoor Game:*

Field the ball with two hands.

Practice fielding ground balls (see Chapter II).

Cover as much ground around your position as possible.

Do not make useless throws. If there is no possibility of putting out a runner at a base, do not make the throw.

Think the next play out before it happens.

Decide what you are going to do with the ball if it comes your way.

Back up each other always.

Remember that the runner must be tagged with the ball at second and third bases, unless forced to run to them.

Learn to field balls on either side of your position.

Pointers Applicable Only to the Outdoor Game:

The third baseman should be alert for bunts, especially from left-handed batsmen.

The shortstop and second baseman should study each other's style of play and work together.

The shortstop should be careful not to play too close to second base. The pitcher can field most ground balls coming in that direction.

The shortstop should play back of the line between second and third bases, especially if there is a runner on second base.

The shortstop should cover second base when the baseman is drawn away. The shortstop is often called upon to take part in a double put-out at second base when the second baseman is fielding the ball.

Pointers Applicable Only to the Indoor Game:

The shortstops play close in (see Diagram 7) and field bunts and slow hit balls, and block hard hits,



FIG. 26. TRYING FOR AN OVERTHROW

20324

A shortstop backs up the home plate, and covers home plate when the catcher is drawn out of position.

The left shortstop should be ready to receive the ball when an effort is made to retire a runner between third base and home plate.

The third baseman does not field bunts, but plays back of the line between second and third bases, leaving bunts for the shortstop.

Shortstops must have courage because they frequently must face hard hits at close range.

THE OUTFIELDERS

Pointers Applicable to Both the Indoor and Outdoor Game:

Read in Chapter II, concerning the fielding of fly balls.

Practice fielding ground balls. Come in on them.

Attempt to think out the next play before

it happens. Decide what your course of action will be if the ball comes to you on the fly; on the ground.

In catching a fly ball call, "I have 'it," to avoid collisions with other players.

It is better to play deep than too short as you can run faster and catch better when running toward the ball than when running away from the diamond with your back toward the ball.

Return the ball to the infield as quickly as possible.

Back up the infield on both thrown and hit balls.

Pointers Applicable Only to the Outdoor Game:

Consider the wind in catching fly balls.

DOUBLE PLAY

For example, the following are four ways of making a double play at first and second bases with the second baseman fielding the hit:

(1) On a fast hit grounder, touch the run-

ner going to second and throw to first.

- (2) If the ball is hit so that you can beat the runner to second, run to the base (force-out) and then throw to first.
- (3) If the runner going to second sees that she will be tagged out and starts back toward first, throw to first and then run down the runner between first and second. The runner must be tagged as when you retired the player going to first the one going to second was no longer forced.
- (4) *Outdoor:* The second baseman tosses to shortstop who has covered second base, and shortstop relays ball to first.

Indoor: The same as outdoor except that the toss is made to the pitcher who covers second base and relays the ball to first.

CHAPTER V

TOURNAMENTS, TEAM STANDINGS, BATTING AND FIELDING AVERAGES

THE tournament most satisfactory to all baseball teams is conducted on the round robin percentage plan. Under this plan each team meets every other team in the group or league, so there can be no question as to the fairness of the competition.

To determine the number of games necessary to complete a tournament so conducted, multiply the total number of teams playing by one less than the number of teams playing, and divide by two.

For example: If there are five teams entered in a tournament to be conducted on the round robin percentage plan, the number of games which must be played to complete it will be $5 \times 4 \div 2$, which is 10.

Obviously, if many teams enter this kind of

a tournament, it will be impossible to complete the tournament in a reasonable length of time.

For example: If there are twenty teams entered in a tournament and each team plays every other team, the number of games necessary for completion will be 190, a highly impractical number. This difficulty can be overcome by dividing the total number of entries into small groups or leagues, the number in each division depending on the classification of teams or on the number of days and the space available in which to complete the tournament. If the winners of each group or league are to meet in a championship series, time must be allowed for such a series.

For example: If twenty teams are to play, it would be wise to divide them into four or five groups or leagues. If four groups of five teams compete, it will be necessary to play ten games in each group and a total of forty games to determine the group championship ($5 \times 4 \div 2 = 10$. $10 \times 4 = 40$). Being entirely separate units, the games in the various

groups can be played simultaneously, provided, of course, that space is available.

If the group winners are to meet in a championship series, six additional games will be necessary ($4 \times 3 \div 2 = 6$). So, if four diamonds are available, these teams may complete the entire series in thirteen days, no team playing more than one game a day. If eight diamonds are available, but eight days will be required to complete the tournament.

If these same twenty teams were divided into five groups of four teams, only thirty games would be required to determine the group champions, with ten additional games necessary as a championship series between the group winners.

In this manner, a schedule can be drawn up for any number of teams. First, consider the time and space available for the competition. Then with n equaling the number of teams or groups of teams as circumstances may dictate,

apply the formula $\frac{n(n-1)}{2}$.

TEAM STANDINGS

To determine the standing of each team under the round robin percentage plan of tournament described in the foregoing paragraphs, divide the total number of games won and lost into the number won.

For example: A team has won three games and lost one. The team standing is $3 \div 4$, or .750.

The same result may be arrived at by dividing 1.000 by the number of games won and lost and multiplying by the number of games won.

For example: $1.000 \div 4 = .250$, and multiplied by 3, gives the team standing of .750.

All tie games are disregarded in determining percentages.

BATTING AVERAGES

The batting average of any player is determined by dividing the total number of "times at bat" into the total number of base hits.

For example: A player has made seven base hits in twelve times at bat. The batting average of that player is .583 ($7 \div 12$).

FIELDING AVERAGES

The fielding average of a player is determined by dividing the total number of put-outs, assists and errors into the total number of put-outs and assists.

By put-outs is meant the number of opponents actually put out by a player. By assists is meant the number of times a player assists in putting out an opponent. One assist is credited to each player who handles the ball in any play where an opponent is put out, whether she starts the play, finishes it or aids en route. An error is a misplay which prolongs the time at bat of the batsman or prolongs the life of a base-runner or allows a base-runner to make one or more bases when perfect play would have meant a put-out.

For example: If the second baseman has put out a total of ten opponents, assisted in

putting out twelve opponents and has made a total of eight errors, her fielding average is .733 ($10 + 12 + 8 = 30$; divided into $10 + 12 (22) = .733$).

In making any of these calculations, if a fraction of one-half or over remains, a point should be added to the average.

For example: $.883\frac{2}{3}$ should be recorded as .884.

CHAPTER VI

THE TECHNIC OF INDOOR BASEBALL

OFFICIAL RULES

DEFINITIONS

A Fair Hit. A fair hit is a legally batted ball which strikes inside or on the foul line, the first point of contact with the floor, object or fielder deciding, regardless of where it afterwards rolls.

A Foul Hit. A foul hit is a legally batted ball first striking outside the foul line, regardless of where it afterward rolls.

A Foul Tip. A foul tip is a foul ball that does not go higher than the batsman's head.

A Strike. A strike is:

1. A pitched ball struck at by the batsman without its touching her bat.

2. A good ball legally delivered by the pitcher at which the batsman does not strike.

3. A foul tip caught.

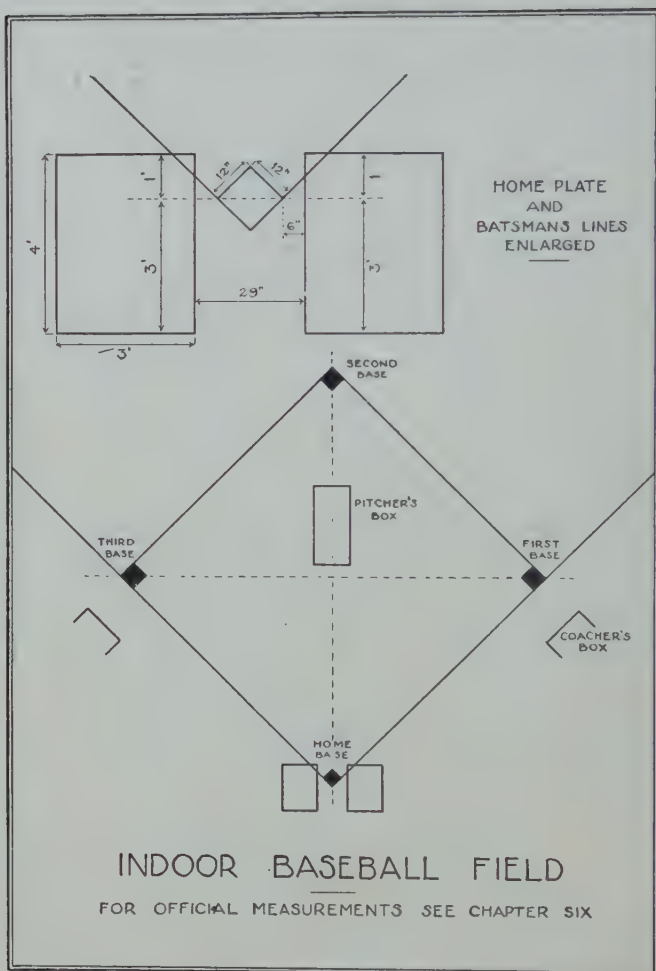


DIAGRAM 5

4. A good ball legally delivered by the pitcher and intentionally interfered with by the batsman.

5. A foul hit ball not caught on the fly, unless the batsman has one strike.

Good and Bad Balls. A ball legally delivered by the pitcher which passes over any part of the home plate not lower than the batsman's knee nor higher than her shoulder is a *good* ball. Otherwise it is a *bad* ball.

A Dead Ball. Any pitched ball striking the batsman is a dead ball, but does not entitle her to a base. If a batsman intentionally gets in the way of or interferes with any legally pitched ball, a strike shall be called. If it should be the third strike the batsman is out, and no base can be run on that ball.

Illegal Balls. An *illegally pitched* ball: A ball delivered by the pitcher with any part of her person out of the box; if the pitcher fails to heel the back line of the pitcher's box with

both feet prior to pitching the ball; if she takes more than one step in the act of delivery.

An illegally batted ball: If the batsman bats the ball when either or both of her feet are upon playing ground outside of the batsman's box, she is out.

A Block Ball. A block ball is a batted or thrown ball that is stopped or handled by any person not engaged in the game. Whenever a block occurs, base-runners may run the bases without being put out, until the ball has been returned to and held by the pitcher standing in her box.

In the case of a block, if a person not engaged in the game should retain possession of the ball, or throw or kick it beyond the reach of the fielders, the umpire shall call "time" and require each base-runner to stop at the last base touched by her until the ball be returned to the pitcher standing in her box.

A Balk. A motion to deliver the ball by the pitcher without her doing so, or holding the ball so long as to unnecessarily delay the game,

constitutes a balk. The umpire shall call a ball for the batsman.

FIELD AND EQUIPMENT

Distance between bases, 27 feet. The distance from home plate to second base, and from first base to third base, is $38\frac{1}{4}$ feet.

Bases. The first, second and third bases are $1\frac{1}{2}$ feet square. The home plate is 1 foot square.

Pitcher's Box. The pitcher's box measures 7x3 feet, the nearest line of which is 23 feet from the center of home plate.

Batsman's Boxes. The batsman's boxes are 4 feet long and 3 feet wide, extending 1 foot in front of and 3 feet behind a center line through the home base, with its nearest side 6 inches distant from the home base.

Coacher's Lines. The coacher's lines are drawn parallel with the base lines and 4 feet distant from first and third bases. The lines extend 4 feet toward the home plate from the intersection of the base lines.

The Ball. The ball must be not less than $16\frac{3}{4}$ nor more than $17\frac{1}{4}$ inches in circumference, and must weigh not less than 8 nor more than $8\frac{3}{4}$ ounces. The official indoor baseball measures 17 inches in circumference.

The Bat. The bat must be $2\frac{3}{4}$ feet long and not more than $1\frac{3}{4}$ inches in diameter in the largest part. The handle may be wound with string or tape to prevent slipping.

Number of Players. A team consists of from seven to nine players, whose positions shall be such as assigned them by their captain, except that the pitcher must take her position within the pitcher's lines.

INNINGS

The choice of innings shall be made by the tossing of a coin.

A game shall consist of nine innings to each contesting team, provided, however, that the game shall terminate:

1. If the side first at bat scores less runs in

nine innings than the other has scored in eight innings.

2. If the team last at bat in the ninth inning scores the winning run before the third player is out.

A Tie. If the score be a tie at the end of the ninth inning to each team, play shall be continued only until the team first at bat shall have scored one or more runs than the other team in an equal number of innings, or until the other team shall score one or more runs than the team first at bat.

A Forfeit. A forfeited game shall be declared by the umpire, in favor of the team not at fault, if the required number of players to constitute a team fail to appear on the field, or being on the field, fails to begin the game within one minute after the umpire has called "play," unless such delay in appearing or in commencing the game be unavoidable.

SUBSTITUTES

The base-runner shall not have a substitute run for her except by the consent of the captains of the contesting teams.

SCORING OF RUNS

One run shall be scored every time a base-runner, after having legally touched the first three bases, shall touch the home plate before three players are put out. If she reach home plate on or during a play in which the third player is forced out, or is put out before reaching first base, a run shall not count.

LEADING OFF BASES

1. A base-runner must not leave her base when the pitcher holds the ball while standing in her box.
2. A base-runner must not leave her base on a pitched ball not struck until after it has reached or passed the catcher.
3. A base-runner must be on her base when

the pitcher is ready to deliver the ball to the batsman.

PITCHING RULES

The pitcher shall take her position facing the batsman with both feet on the floor wholly within the box and with both feet on the rear line of said box. When in the act of delivering the ball, she shall not take more than one step, but shall not be restricted as to curving the ball, although the arm must be swung parallel with the body. She shall hold the ball before the delivery fairly in front of her body and in sight of the umpire.

THE BATSMAN IS OUT

1. If she bats out of turn and makes a fair hit or reaches first base before the error is discovered. This rule shall not be enforced unless the out be declared before the ball has been delivered by the pitcher to the succeeding batsman.

2. If she fails to take her position within one



FIG. 23. PITCHER HEELING LINE OF INDOOR PITCHER'S BOX

minute after the umpire has called for the batsman.

3. If she makes a foul or fair hit and the ball be held by a fielder before touching the floor or any wall or fixture.

4. If she makes an illegal hit.

5. If she attempts to hinder the catcher from fielding the ball, or fouls the ball intentionally, evidently without effort to make a fair hit.

6. If she is hit by the ball on the third strike. If, after the batsman has two strikes, she fouls the ball, and the ball hits her before it hits the floor, she shall be out.

7. If, while first base be occupied by a base-runner, she has three strikes, except when two players are already out, when she may run on the third strike, as usual.

BATSMAN BECOMES BASE-RUNNER

1. Instantly after she makes a fair hit.

2. Instantly after four balls have been called by the umpire.

3. Instantly after three strikes. (See 7 under "The Batsman Is Out.")

4. Instantly after the umpire declares an illegal delivery of a ball by the pitcher.

ENTITLED TO BASES

The base-runner shall be entitled, without being put out, to take one base in the following cases:

1. If the umpire awards a succeeding batsman a base on four balls or in case of an illegal delivery and the base-runner is thereby forced to vacate the base held by her.

2. If the umpire calls a "balk" or "illegal pitch."

3. If the pitcher does not give her time to return to her base.

4. If, on a fair hit, the ball strikes the person or clothing of the umpire on fair ground.

5. If she be prevented from making a base by the obstruction of an opponent, unless such opponent has the ball in her possession.

6. If the person or clothing of the umpire is

struck by a ball thrown by the catcher to intercept a base-runner.

7. If a ball delivered by the pitcher pass the catcher or is fumbled, only one base may be taken, provided the runner makes it, unless it is a third strike or fourth ball, when the runner is entitled to all she can get.

RETURNING TO BASES

The base-runner shall return to her base, without liability to be put out, in the following cases:

1. If the umpire declares a foul hit which is not legally caught by a fielder.
2. If the umpire declares an illegal hit.
3. If the umpire declares a dead ball.
4. If she is called back by the umpire for starting too soon.

A BASE-RUNNER IS OUT

1. If the third strike be caught before touching the ground or any object.
2. If, after three strikes or a fair hit, the

ball be securely held by a fielder while touching first base with any part of her person, before such base-runner reaches first base.

3. If, after three strikes or a fair hit, she be touched with the ball in the hands of a fielder before such base-runner touches first base.

4. If she intentionally interferes with or kicks a ball she has just batted.

5. If, in running from first to second base, from second to third base, or from third to home base, she runs more than three feet from a direct line between such bases to avoid being touched by a ball in the hands of a fielder; but in case a fielder be occupying a base-runner's proper path, attempting to field a batted ball, then the base-runner shall run out of the path and shall not be declared out for so doing.

6. If she fails to avoid a fielder attempting to field a batted ball, or if she in any way obstructs a fielder attempting to field a batted ball, or intentionally interferes with a thrown ball.

7. If, at any time, while the ball is in play,

she be touched by the ball in the hands of a fielder, unless some part of her person is touching a base she is entitled to occupy; provided, the ball be held by the fielder after touching her.

Exception: In running to first base, she may overrun said base, after touching it, provided she returns at once and retouches the base, after which she may be put out as at any other base. If, in overrunning first base, she also attempt to run to second base, she shall forfeit such exemption from being put out.

Note: In returning to first base, after overrunning it, the base-runner must turn toward the right, away from the diamond.

8. If, when a fair or foul fly is legally caught, such ball is legally held by a fielder on the base occupied by the base-runner when such ball was struck, or the base-runner be touched with the ball in the hands of a fielder, before she retouches said base after such fair or foul hit ball was so caught.

9. If a fair hit ball strikes her before touch-

ing a fielder, wall, fixture or ceiling, except when a runner is holding a base she is legally entitled to, and in such case no base shall be run unless forced by the batsman becoming a base-runner, and no run shall be scored.

10. If, when running to a base, she fail to touch the intervening base or bases in regular order, she may be put out at the base she fails to touch by a fielder holding the ball on said base.

COACHING RULES

The coaches must remain within the coaching lines. A coacher may address words of assistance and direction to base-runners only.

No coacher is allowed up when the bases are unoccupied, and only one coacher when one base is occupied, and no more than two coaches when two or more bases are occupied.

BALL NOT IN PLAY

In case of an illegal hit, foul hit ball not caught out, dead ball, or base-runner put out

for being struck by a fair hit ball, the ball shall not be considered in play until it is held by the pitcher standing in her box.

Any player other than the pitcher receiving the ball and standing in the pitcher's box cannot put the ball in play.

UMPIRES

There shall be two umpires:

1. She shall decide on and call all balls, strikes, blocks, dead balls, balks, illegal deliveries, fair and foul balls, illegal hits, all questions arising at home plate, and shall call play and time. She shall take a position behind the catcher.

2. She shall take a position about ten feet back of the base line, midway between home and first base, or home and third base, or where she can get the best view of the play. She shall judge all base plays excepting those at the home plate.

The two umpires may change positions at the end of any full inning.

In case an umpire for some reason cannot decide a play, she shall refer to her colleague.

CHAPTER VII

THE TECHNIC OF OUTDOOR BASEBALL FOR GIRLS AND WOMEN

OFFICIAL RULES * COMPILED BY G. E. PALMER

DEFINITIONS

A Fair Hit. A fair hit is a legally batted ball that *settles* on fair territory between home and first base or between home and third base, or that *falls* on fair territory beyond first or third base, or that, while on or over fair territory, touches the person of the umpire or a player.

A Foul Hit. A foul hit is a legally batted ball that *settles* on foul territory between home and first base or between home and third base, or that *falls* on foul territory beyond first or third base, or that, while on or over foul terri-

* Any official changes made in these rules are recorded annually in *Spalding's Official Handbook*.

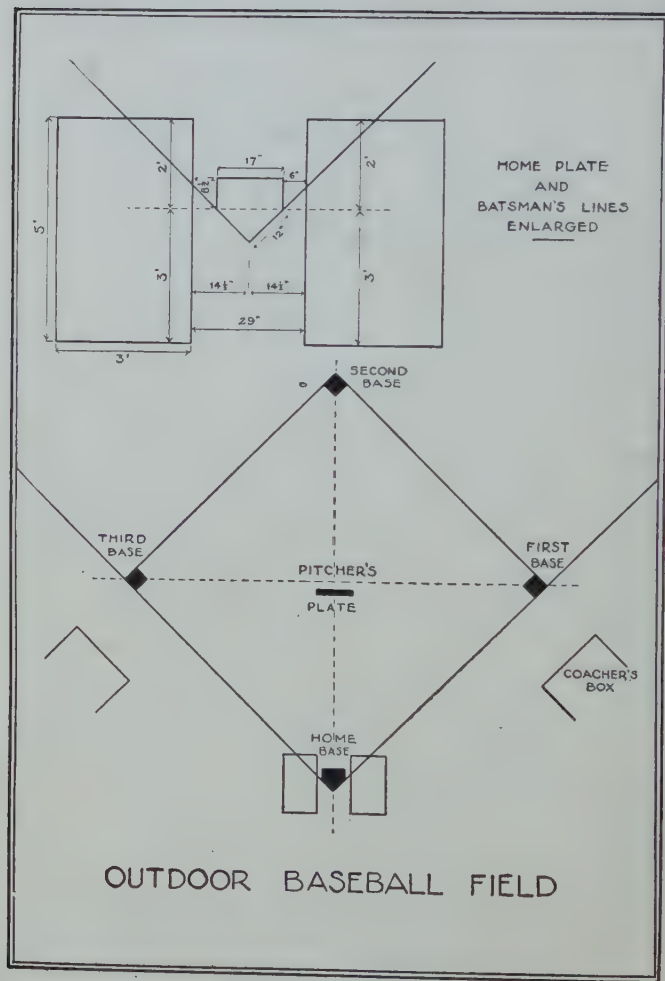


DIAGRAM 6
(Measurements appear on pp. 126-127)

tory, touches the person of the umpire or a player.

A Foul Tip. A foul tip is a legally batted ball, that goes sharp and direct from the bat to the catcher's hands and is caught. If not caught, it is simply a foul hit ball.

A Bunt Hit. A bunt hit is a legally batted ball, not swung at, but met with the bat and tapped slowly within the infield. If the attempt to bunt result in a foul not caught, a strike shall be called by the umpire, whether it be the first, second or third strike and the batsman is out if it is the third strike.

A Strike. A strike is:

1. A pitched ball struck at by the batsman without its touching her bat.

2. A good ball legally delivered by the pitcher at which the batsman does not strike.

3. A foul-hit ball not caught on the fly, unless the batsman has two strikes. A foul hit on the third strike which touches the batsman's person before touching the ground always counts as a strike.

4. A foul tip.

5. An attempt to bunt which results in a foul hit not caught.

6. A legally delivered ball, at which the batsman strikes but misses and which touches any part of her person.

7. A legally delivered ball which is batted and touches the batsman's person before it touches the ground.

Note: If the batsman intentionally gets in the way of, or interferes with, any legally pitched ball, a "strike" shall be called.

A Good Ball. A good ball is a ball, legally delivered by the pitcher, which passes over any part of the home plate, not lower than the batsman's knees nor higher than her shoulders. A good ball not struck at by the batsman must be called a "strike" by the umpire.

A Bad Ball. A bad ball is a ball, legally delivered by the pitcher, which does not pass over any part of the home plate, between the batsman's shoulders and knees, or that touches the ground before passing home plate. A bad

ball, not struck at by the batsman, and not striking the batsman, must be called a "ball" by the umpire.

A Dead Ball. A dead ball is a ball delivered by the pitcher to the batsman, in position, which touches any part of the batsman's person or clothing, providing the batsman does not intentionally allow the ball to strike her. A dead ball shall count a "ball" for the batsman. Base-runners may not advance. If the batsman intentionally gets in the way of, or interferes with, any legally pitched ball, a "strike" shall be called. Base-runners may not advance.

Illegal Balls. An *illegally pitched* ball: If the pitcher fails to place both feet on the pitcher's plate prior to delivering the ball, or if she takes more than one step in the act of delivery, the umpire must call a "ball" for the batsman, and any base-runner may advance a base without liability to be put out.

An *illegally batted* ball: If the batsman bats the ball when either or both of her feet are

upon playing ground outside of the batsman's box, she is "out."

A Block Ball. A block ball is a batted or thrown ball which is touched, stopped or handled by a person not engaged in the game. When the ball becomes blocked, base-runners may advance one base, without liability to be put out, and the ball is again in play when in possession of the pitcher in her position.

A Balk. A motion by the pitcher to deliver the ball to the batsman without her doing so, or in holding the ball so long as to unnecessarily delay the game, constitutes a "balk." The umpire shall call a "ball" for the batsman, and the base-runners may advance one base without liability to be put out. Any motion by the pitcher to throw to a base, when occupied by a base-runner, without completing the throw shall constitute a "balk" and base-runners may advance one base without liability to be put out. Throwing the ball by the pitcher to any base to catch base-runner, without stepping directly toward such base in the act of

throwing, is a "balk" and base-runners may advance one base without liability to be put out.

A Passed Ball. A passed ball is a legally delivered ball which the catcher fails to hold and control and which has not been touched by the bat. A base-runner may attempt to make only one base on a passed ball.

Note: On an overthrow of first, third or home base, a base-runner may try to make one base only. On an overthrow of second base, a base-runner may try to make any number of bases.

A Force-Out. A force-out can be made only when a base-runner legally loses the right to the base she occupies by reason of the batsman becoming a base-runner and she be thereby forced to advance. The base-runner is out if the ball is held on the base to which the runner is advancing, and is also out if touched with the ball off base.

An Inning. An inning is the term at bat of the players representing a team in a game and

is completed when three of such players have been legally put out.

FIELD AND EQUIPMENT

There are four official diamonds. The selection may depend upon the available space or the age or skill of players. The size of ball, the distance to pitcher's plate, the style of pitching and the number of players vary with the size of diamond as follows:

	DIAMONDS			
	1	2	3	4
Between bases . . .	35 ft.	45 ft.	60 ft.	65 ft.
To pitcher's plate	30 ft.	35 ft.	33-36 ft.	40 ft.
Num. of players .	10	10	9	9
Size of ball	14 in.	12 in.	12 in.	12 or 9 in.
Style of pitching	U H	U H	U H	O H

Bases. The home plate shall be five-sided, of white rubber, or of wood painted white, sunk flush with the ground, and shall measure 12 inches along the first and third base lines,

thence parallel to a line between home and second base for $8\frac{1}{2}$ inches. The line joining these two, or the front of the home plate, shall measure 17 inches. The other three bases shall be 15 inches square, with two sides lying along the lines between bases.

Pitcher's Plate. The pitcher's plate shall be a joist 24 inches long and 6 inches wide, sunk flush with the ground. The infield may be graded up to the pitcher's plate so that the plate will not be more than 10 inches higher than the base lines or the home plate.

Batsman's Boxes. Shall be 5 feet long by 3 feet wide with 2 feet of the length in front of a line running through the 12-inch points of the home plate and 3 feet behind it. The distance between the rectangles shall be 29 inches, the near side of each rectangle being 6 inches distant from the edge of home plate.

Coacher's Lines. The coacher's lines shall be 6 feet distant from and parallel to the lines between home and first base and home and third base. They shall extend 15 feet toward

home plate from the intersection of the base lines.

The Ball. The ball shall be an official playground ball, 14, 12 or 9 inches in circumference. With the 9-inch playground ball, the catcher may wear a glove or mitt.

The Bat. The bat must be round, not over $2\frac{1}{2}$ inches in diameter at the thickest part, nor more than 34 inches long.

Note: The players' positions shall be such as assigned to them by the captain, except that the pitcher must take her position on the pitcher's plate.

INNINGS

The choice of innings shall be made by the tossing of a coin.

A game shall consist of seven innings to each contesting team, provided, however, that the game shall terminate:

1. If the side first at bat scores less runs in seven innings than the other side has scored in six innings.
2. If the side last at bat in the seventh in-

ning scores the winning run before the third out is made.

3. If the game be called by the umpire on account of darkness or weather.

4. If the captains of teams mutually agree to less than seven innings. The minimum number of innings for an official game shall be four.

A Tie. If the score be a tie at the end of seven innings for each team, play shall be continued until one side has scored more runs than the other in an equal number of innings; provided, that if the side last at bat score the winning run before the third out is made, in any inning after the seventh, the game shall terminate.

A Forfeit. A forfeited game shall be declared by the umpire in favor of the team not at fault, if a team fail to appear on the field, or, being on the field, refuses to begin a game scheduled, within five minutes after the umpire has called "play ball," unless such delay be unavoidable.

BATTING ORDER

The batting order of each team must be on the score sheet and delivered by the captain to the umpire before the game. The batting order delivered to the umpire must be followed throughout the game unless a player be substituted for another in which case the substitute must take the place in the batting order of the retired player.

After the first inning, the first batsman in each inning shall be the one whose name follows that of the last girl who *completed* her time at bat in the preceding inning.

SUBSTITUTES

1. A substitute may, at any stage of the game, take the place of a player who is in her team's batting order, but the player whom she succeeds shall not thereafter participate in that game.

2. A base-runner shall not have another player, whose name appears or does not ap-

pear in the batting order of her team, run for her until after she has reached first base and by consent of the opposing captain.

3. Players' positions in the field may be shifted without objection.

4. All substitutions and changes must be immediately reported to the umpire by the captain, and the umpire shall announce them to the scorekeeper and opposing team.

SCORING OF RUNS

One run shall be scored every time a base-runner, after having legally touched the first three bases, shall touch the home plate before three girls are put out. If she reach home plate on or during a play in which the third girl be forced out or be put out before reaching first base, a run shall not count.

LEADING OFF BASES

On the 35-foot and 45-foot base-line diamonds, a base-runner must not leave her base while the pitcher, standing on her plate, holds

the ball or before it has reached or passed home plate.

On the 60-foot and 65-foot base-line diamonds, the base-runner may lead off any base and run at any time with liability to be put out if touched by the ball in the hands of a fielder.

PITCHING RULES

The pitcher shall take her position facing the batsman, with both feet on the plate, and in the act of delivering the ball shall not take more than one step, keeping one foot in contact with the plate. After delivering the ball the pitcher may advance toward the batsman. The ball must be thrown with an underarm swing, parallel to the body, but there shall be no restriction as to curving the ball.

Same rules apply to overhand pitching, with exception of style of swing.

THE BATSMAN IS OUT

1. If the umpire calls "three strikes."
2. If she makes a foul or fair hit and the

ball is held by a fielder before it touches the ground.

3. If she bats out of order, unless the error is discovered in time for the proper batsman to *complete* the time at bat.

4. If she makes an illegal hit (see definition).

5. If she fails to take her position within one minute after the umpire has called "batter up."

6. If she attempts to hinder the catcher from fielding or throwing the ball.

7. If she steps from one batsman's box to the other when the pitcher is ready to deliver the ball.

8. If, after batsman has two strikes, she bats the ball and it hits her person before it touches the ground or a fielder.

BATSMAN BECOMES BASE-RUNNER

1. Instantly after she makes a fair hit.

2. Instantly after the umpire has called "four balls."

3. If a fair hit ball strikes the person or clothing of the umpire or a base-runner, on fair ground.

4. If the catcher interferes with her or prevents her from striking at a pitched ball.

ENTITLED TO BASES

The base-runner is entitled, without liability to be put out, to advance a base in the following cases:

1. If the umpire awards to a succeeding batsman a base on four balls, or for being interfered with by the catcher in striking at a pitched ball and the base-runner be thereby forced to vacate the base held by her.

2. If the umpire calls a "balk."

3. If she be prevented from running a base by the obstruction of a fielder, unless the latter has the ball in her hand ready to touch the base-runner.

4. If the umpire calls an "illegal pitch" (see definition).

5. If the pitcher does not give the base-

runner sufficient time to return to her base when entitled to it without liability to be put out.

RETURNING TO BASES

The base-runner shall return to her base, without liability to be put out, in the following cases:

1. If the umpire calls a "foul ball" not legally caught.

2. If the umpire calls an "illegally batted" ball.

3. If the umpire calls a "dead ball."

4. If a legally delivered ball, at which the batsman strikes but misses, touch any part of the batsman's person.

5. If the umpire or a base-runner be struck by a fair hit ball before ball touches a fielder; in which case no base shall be run unless necessitated by the batsman becoming a base-runner, and no run shall be scored unless all of the bases are occupied. Base-runner struck is out.

6. If the umpire declares the batsman, or a base-runner, out for interference.

7. If a coacher intentionally interferes with a thrown ball.

A BASE-RUNNER IS OUT

1. If, after a fair hit, she be touched with the ball, in the hands of a fielder, before touching first base.

2. If, after a fair hit, the ball be securely held by a fielder while touching first base with any part of her person, before base-runner has touched first base.

3. If she intentionally kicks or interferes with a ball she has just batted.

4. If she fails to avoid a fielder attempting to field a batted ball, or if she in any way obstructs a fielder attempting to field a batted ball, or intentionally interferes with a thrown ball.

5. If, at any time when the ball is in play, she be touched by the ball in the hands of a fielder, unless some part of her person is touch-

ing the base she is entitled to occupy; provided the ball is held by the fielder after touching her (may overrun first base).

6. If, in running the last half of the distance from home to first base, while the ball is being fielded to first base, she runs more than three feet outside the base line, unless she do so to avoid a fielder attempting to field a batted ball.

7. If, in running any of the bases beyond first, she runs more than three feet from a direct line to avoid being touched by the ball in hands of a fielder.

8. If, when a fair or foul fly is caught, such ball be held by a elder on the base occupied by the base-runner when such ball was struck, or the base-runner be touched with the ball in the hands of a fielder before she retouches said base after such fair or foul ball was caught. A base-runner who holds her base on a fly ball shall have the right to advance the moment such fly ball touches the hands of a fielder.

9. If, when running to a base, she fails to

touch the intervening bases or base in regular order. She may be put out at the base she fails to touch by a fielder holding the ball on said base.

10. If she passes a preceding base-runner before such base-runner has been put out.

11. If a coacher at third base holds or assists in any way a base-runner who is rounding third base for home plate.

12. If a fair hit ball strikes her before touching a fielder. No base shall be run unless necessitated by the batsman becoming a base-runner.

COACHING RULES

The coaches must remain within the coacher's lines. A coacher may address words of assistance and direction to base-runners only. There shall be not more than two coachers, who must be players in the batting order of the team at bat.

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